



2021-2022 COMMUNITY HEALTH CONTRACT (CHC) Q2 GRANT IMPACT REPORT

Organization Name Fallbrook Land Conservancy

Program Name Fallbrook Land Conservancy Preserve and Trail Walkability Enhancement

Person submitting the impact report Karla Standridge Executive Director

Ages: List the percentages of your program participants’ ages who received services during this reporting time frame.

| | Percentage served | Total Number Served |
|--------------------------|-------------------|---------------------|
| Children (infants to 12) | | |
| Young Adults (13-18) | | |
| Adults (18-60) | | |
| Seniors (60+) | | |
| Unknown | 100 | |

Gender: List the percentages of your program participants’ gender identification who received services during this reporting time frame.

| | Percentage served | Total Number Served |
|------------|-------------------|---------------------|
| Female | | |
| Male | | |
| Non-binary | | |
| Unknown | 100 | |

Income: List the percentages of your program participants’ income limit category of those who received services during this reporting timeframe (2019 HUD – AMI Incomelimits:4person family).

| | Percentage Served | Total Number Served |
|---|-------------------|---------------------|
| Extremely Low-Income (ceiling of \$32,100) | | |
| Very Low (50%0 Income (ceiling of \$53,500) | | |
| | | |

| | Percentage Served | Total Number Served |
|--|-------------------|---------------------|
| Low (80%) Income (ceiling of \$85,600) | | |
| Higher than listed limits | | |
| Unknown | 100 | |

How many District residents directly benefited (participant/client) from this program: 3750

GOALS & OBJECTIVES

Goal 1 & Objectives: From your application, please provide your measurable outcomes for each of your stated objectives.

Improve, maintain, and promote FLC trails and open spaces in an effort to provide safe and reliable trails accessible to people of all abilities in order to advance the wellbeing of District residents.

Obj 1. Maintain and improve 13 miles of FLC trails to ensure safety and accessibility. Success will be measured by miles of trails maintained or improved. This is an ongoing task to meet the larger goal.

FLC staff, including Preserve Manager and Assistant Preserve Manager, maintained FLC’s network of 13 miles of trails, as well as continued improvements on a new preserve with approximately 1 mile of trails (Pala Mesa 36). The majority of staff time was spent at Monerate Mountain and Los Jilgueros Preserves, the preserves most heavily used. Staff trimmed vegetation to widen trails, corrected erosive portions of trails, and removed trash and debris from preserves. Additional work is being performed at Dinwiddie Preserve to remove brush and open trails for increased visibility. FLC has also began preparing its Gird Valley Preserve for an official opening. This Preserve offers a one mile, moderate looped trail behind the Monserate Winery property. Trail work to be completed includes installing steps and handrails and filling washes in trails and diverting water to prevent future problems. A trail map and preserve signage is in the initial stages of development.

Obj 2. Collect trail use data via infrared trail counters to inform management decisions and gauge overall preserve use. Infrared trail counters installed at the trailheads will provide total number of hiking trips per preserve per month. Data can be extrapolated to provide a further breakdown of peak use times.

Trail counter data is below.

Notes: 1. The trail counter at Heller’s Bend Preserve was vandalized and stolen so no data is available. A new counter has been ordered but has not yet arrived due to supply chain issues. 2. The trail counter at Los Jilgueros was previously stolen and the replacement was moved to a new location. Data collection errors occurred and the data is inaccurate. The trail counter was moved to a new location but errors still occurred. Issues were finally corrected in December. 3. The Palomares House and Garden hosts weekly volunteer events. The counts at this location are high because volunteers regularly pass through the entrance for materials, supplies, etc.

Dinwiddie Preserve: October: 928 November: 748 December: 536
Engel Family Preserve: October: 32 November: 93 December: 22
Karen Tucker at Hellers Bend: NO DATA
Los Jilgueros: October: NO DATA November: NO DATA December: 5,374
Monserate Mt. 1: October: 4,170 November: 4,586 December: 3,334
Palomares House & Garden: October: 20,012 November: 17,509 December: 6,486

Obj 3. Promote FLC trails to District residents and local healthcare providers. FLC will conduct outreach via email, social media, print media, in person (or electronic) meetings, and other communications to community members and local healthcare providers. Communications will be at least monthly. During the first quarter, FLC staff will connect with ParkRx program personnel to explore the feasibility of expanding the program to our area.

FLC Executive Director has connected with ParkRx staff. FLC and ParkRx representatives are in discussions. Due to the isolated nature of Fallbrook and limited connectivity/walkability of our community, it may be difficult to implement this or a similar program, as many of our community members have limited means of transportation.

Obj 4. Collect preserve usage demographic data via a survey posted at trailheads. FLC will develop or expand upon an existing survey to gather demographic and usage data of program participants. This data will be available at the close of the grant term to allow for ample time for participation.

In progress. FLC is working with graduate students to develop a new user survey. Due to the holidays, the final meeting has been postponed until 1/21/22.

Goal 2 & Objectives: From your application, please provide your measurable outcomes for each of your stated objectives.

NA

PARTICIPANT SUCCESS STORY

Participant Success Story:

I regularly hike FLC's Monserate Mountain Preserve at least three times per week. I have been doing so since March 2020, shortly after the Covid-19 pandemic first hit. I have found solitude hiking and connecting with nature and I have also gained stamina. Overall, I feel healthier. I have ditched my gym membership and am spending more time outdoors exploring.

- Anonymous trail user

*We do not have a photo of this specific user, but we have several general photos that we can share if you would like

ACKNOWLEDGEMENT

Please describe how the Fallbrook Regional Health District's investment in this program was acknowledged during this reporting timeframe.

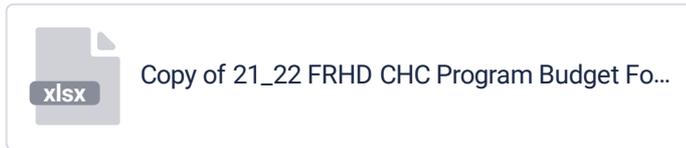
The FRHD's investment was acknowledged via FLC's website (FRHD logo), e-news, and at the Los Jilgueros Preserve trailhead kiosk. Additionally, Los Jilgueros Preserve and Monserate Mountain trail maps were distributed to community members at events and the FRHD logo is present on this map/brochure.

Acknowledgment example: please upload an example of one method in which the District was acknowledged.



BUDGET

Please upload a copy of the program budget you submitted with the application, with an additional column demonstrating the current utilization of grant funds.



Please explain any significant differences in budget or services during this quarter. What if any changes were made to address programming challenges.

There are no significant differences in budget or services this quarter.

Please sign your form:

A handwritten signature in black ink, consisting of several loops and a long horizontal stroke extending to the right.